

Public Lessons Lena Moser Community Pool

\$30.00/for nine group lessons

June 10th-20st 9:30-10:00am

Last Day to Register is Sunday, June 2nd!

(if there is no rain/weather, the 20th is a party day, all family members are welcome to come regardless of taking lessons or not, the party will be 10:00-11:30). If we do miss a lesson we will use this day to make up the lesson in lieu of having a party)

Please note, the color by the level. This is the team color your child will be on, please enter the pool for lessons and help your child find this color bucket each day! See website for more level information at www.grimesiowa.gov.

Level 1- Red

Level 2- Yellow

Level 3- Blue

Level 4-Orange

Level 5-Purple

Level 6-Green

Child's Name	Level Enrolling in	Phone number
1.		
2.		-----
3.		-----
4.		-----
5.		-----

Level One (Red)

Introduction to water skills. Students will continue to gain confidence in the water. Students work with instructor assistance to practice front/back floats. Students are introduced to breaststroke and crawl stroke arm movements. Students also use kick boards to work on independence with floating.

Level Two (yellow)

Fundamental Aquatic Skills - Students should be able to front float on his/her own. Students will work on the breast stroke and crawl stroke to move forward. Students will also gain confidence in the back float. Students are introduced to flutter kick as well as elementary back stroke.

Level Three (Blue)

Stroke Development - Students at this level are able to make forward progress in the water without assistance. Students will continue to improve and refine strokes to increase distance. Students will gain confidence in moving backward un-assisted. Students will be introduced to diving.

Level Four (Orange)

Stroke Improvement - Students at this level are able to complete the front crawl, breast stroke, back crawl and elementary backstroke. Students will fine tune these strokes as well as improve diving skills. Students will be introduced to the butterfly stroke.

Level Five (Purple)

Stroke Refinement - Students will work on breathing and coordination as well as swimming laps to increase stamina.

Level Six (Green)

Personal water safety/ lifeguard readiness/ fitness swimmer - a combination of the activities that you can do in the water after you have become a proficient swimmer.

